



## Leisure Services Department **Parks and Recreation**



### **Cardio Tennis Program Overview:**

A Fun Group Activity that pushes your fitness to a new level with a high energy workout while you improve your tennis skills. Is first and foremost a great fitness activity! People of all abilities can participate in Cardio Tennis at the same time! It's a great way to meet people and have fun while working out!

**Program Fee:** \$6.00 per class

**Registration:** Advance registration up to one day prior to class. A minimum of 4 participants is required to ensure the pro/student ratio. Walk in registration will be permitted depending on availability.

**Days and Times:** Mondays and Tuesdays @ 7pm

- Credits Are Issued For Rain-Outs and Injuries Only
- Please Make Checks Payable to Seminole County

**Sanlando Park (407) 869-5966**

401 W. Highland Street (off of Douglas Ave.), Altamonte Springs, FL 32714 • Open M-F from 8 a.m. to 10 p.m., Sat and Sun from 8 a.m. to 8 p.m.

[www.seminolecountyfl.gov/parks](http://www.seminolecountyfl.gov/parks)



**quickstart tennis  
program**

**It Starts  
in Parks**